



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09063, Cherries, sour, red, raw

Report Date: June 30, 2017 00:07 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|----------------|-------------|------------|------|------|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 86.13 | 348 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Energy | kcal | 50 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Energy | kJ | 209 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2007 |
| Protein | g | 1.00 | 347 | 0.011 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Total lipid (fat) | g | 0.30 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Ash | g | 0.40 | 348 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Carbohydrate, by difference | g | 12.18 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Fiber, total dietary | g | 1.6 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Sugars, total | g | 8.49 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2007 |
| Sucrose | g | 0.80 | 2 | -- | 0.58 | 1.02 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 10/2002 |

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|--------------------|------|----------------|-------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| Glucose (dextrose) | g | 4.18 | 5 | 0.123 | 2.88 | 5.17 | 1.0 | 2.626 | 5.739 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Fructose | g | 3.51 | 5 | 0.229 | 2.63 | 3.74 | 1.0 | 0.605 | 6.418 | 2 | Analytical or derived from analytical | -- | 10/2002 |
| Lactose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Maltose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Galactose | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 16 | 331 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Iron, Fe | mg | 0.32 | 347 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Magnesium, Mg | mg | 9 | 347 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Phosphorus, P | mg | 15 | 347 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Potassium, K | mg | 173 | 339 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Sodium, Na | mg | 3 | 339 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |

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|--------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Zinc, Zn | mg | 0.10 | 330 | 0.003 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Copper, Cu | mg | 0.104 | 347 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Manganese, Mn | mg | 0.112 | 347 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Selenium, Se | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09070 | 01/2003 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 10.0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Thiamin | mg | 0.030 | 330 | 0.000 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Riboflavin | mg | 0.040 | 330 | 0.000 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Niacin | mg | 0.400 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Pantothenic acid | mg | 0.143 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Vitamin B-6 | mg | 0.044 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Folate, total | µg | 8 | 4 | 0.750 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 8 | 4 | 0.750 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2007 |
| Folate, DFE | µg | 8 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2007 |
| Choline, total | mg | 6.1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09236 | 02/2007 |
| Vitamin B-12 | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 08/1982 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE | µg | 64 | 330 | 0.917 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2007 |
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2002 |
| Carotene, beta | µg | 770 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09070 | 10/2002 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09070 | 10/2002 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09070 | 10/2002 |
| Vitamin A, IU | IU | 1283 | 330 | 18.331 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09070 | 10/2002 |
| Lutein + zeaxanthin | µg | 85 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09070 | 10/2002 |
| Vitamin E (alpha-tocopherol) | mg | 0.07 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09070 | 01/2003 |

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| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/2008 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Vitamin K (phylloquinone) | µg | 2.1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09070 | 10/2002 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.068 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 4:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 6:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 8:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 10:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 12:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 14:0 | g | 0.002 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 16:0 | g | 0.048 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |

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| 18:0 | g | 0.016 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Fatty acids, total monounsaturated | g | 0.082 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 16:1 undifferentiated | g | 0.001 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 18:1 undifferentiated | g | 0.081 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Fatty acids, total polyunsaturated | g | 0.090 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 18:2 undifferentiated | g | 0.046 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 18:3 undifferentiated | g | 0.044 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |

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| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Fatty acids, total trans | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2015 |
| Cholesterol | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 08/1982 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/1985 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/2000 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/2000 |

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| Flavonoids | | | | | | | | | | | | | |
| Anthocyanidins | | | | | | | | | | | | | |
| Cyanidin ^{1 2 3} | mg | 32.57 | -- | 11.37 | 1.61 | 105.44 | -- | -- | -- | -- | -- | -- | -- |
| Peonidin ¹ | mg | 0.9 | -- | -- | 0.87 | 0.87 | -- | -- | -- | -- | -- | -- | -- |
| Flavan-3-ols | | | | | | | | | | | | | |
| (+)-Catechin ⁴ | mg | 0.3 | -- | 0 | 0.3 | 0.3 | -- | -- | -- | -- | -- | -- | -- |
| (-)-Epicatechin ^{4 5} | mg | 3.8 | -- | 3.14 | 0.68 | 19.6 | -- | -- | -- | -- | -- | -- | -- |
| Flavones | | | | | | | | | | | | | |
| Apigenin ⁶ | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Luteolin ⁶ | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Flavonols | | | | | | | | | | | | | |
| Isorhamnetin ¹ | mg | 0.7 | -- | 0.24 | 0.17 | 1.34 | -- | -- | -- | -- | -- | -- | -- |
| Kaempferol ^{1 6 7} | mg | 0.2 | -- | 0.1 | 0 | 0.62 | -- | -- | -- | -- | -- | -- | -- |
| Myricetin ⁶ | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Quercetin ^{1 6 7} | mg | 1.5 | -- | 0.41 | 0.51 | 2.92 | -- | -- | -- | -- | -- | -- | -- |

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